

**City of Yonkers  
Department of Parks, Recreation and Conservation  
285 Nepperhan Avenue  
Yonkers, NY 10701**



## **Spring 2015 Aquatics Recreation**



[www.yonkersNY.gov](http://www.yonkersNY.gov)  
<https://register.communitypass.net/yonkers>



# **HOW TO REGISTER**

**<https://register.communitypass.net/yonkers>**

**Online Registration Begins:**

**Tuesday, March 3 at 7:00 PM**

**Swim Placement Date**

**Monday, March 2, 6:00 PM to 8:00 PM**

## **ONLINE REGISTRATION**

Community Pass Registration Service

Register yourself or your entire family for recreation programs around the clock.

Requirements:

Payment can be made via Visa, MasterCard or Discover Card, and you must have a valid email address.

Setting up an Account:

Go to <http://register.communitypass.net/yonkers>

Click on: "Create an Account for Your Family Now" and complete the account form.

To add more family members click on:

"Update Your Family Information." At the top of the next page click either "Add another Child" or "Add another Adult." After you have added your family members, click "Home." You will receive an email that contains your log-in information.

**SWIM PLACEMENT REQUIREMENTS:** If your child has not participated in our program, and have some water experience, you must bring them to swim placement for correct placement in our swim classes. Swim Placement is not necessary if you know your child is a White/Red (Beginner) in Starfish Swim School®, StarBabies™, StarTot™, Swim School for Teens and Swim School for Adults.

## **ON REGISTRATION DAY**

Step 1 Go to <https://register.communitypass.net/yonkers>

Log in using your user name and password. Select the activity and click "Register Now"

Step 2 On the next page update any information for the primary contact and/or click "Continue"

Step 3 On the next page select the "Group" at left. You can view full information about a program by clicking on the "Register" button.

Step 4 On the "Choose Participant" page, enter the required information and then click "Continue."

Step 5 On the "Registration Forms" page, enter the required information and then click "Continue."

Step 6 If finished, click on the "Continue to Checkout" button and follow the remaining instructions to complete and pay for your registration. If you are not finished, click on "Continue Registering."

Confirmation will be sent via e-mail receipt.

### **How to Avoid Cancellations**

Please register in advance to avoid program cancellations. Certain numbers must be achieved in order for a program to move forward. Every effort will be made to avoid cancelling a program, however, if this does occur, an announcement will be made in advance of the first meeting date.



## General Information

City of Yonkers Department of Parks, Recreation and Conservation  
285 Nepperhan Avenue, Yonkers NY 10701  
Monday- Friday 8:30 am to 4:30 pm, 914-377-6450

**REGISTRATION:** Registration is on a first-come, first-served basis until programs are full. MAIL-IN REGISTRATION IS NOT ACCEPTED.

**ONLINE REGISTRATION:** The best way to maximize your chance of securing a spot in any program is to register online as soon as registration begins. You can make online payments using Visa, Master Card or a Discover Card.

**WALK-IN REGISTRATION:** Walk-in registration takes place the day after online registration. If you do not have computer access, in-person registration will take place at 285 Nepperhan Avenue, starting at 9:00 am. Please note that some classes will be full prior to 9:00 am. You can make payment using check, cash, money order, Master Card, Visa or a Discover Card.

**AGE REQUIREMENTS:** Age is determined as of the date of the first class unless otherwise specified. Example: An adult class is for ages 18 years and older. No one under 18 is permitted to participate in or attend an adult class.

**ABSENCES:** Classes are not made up due to a participant's personal absence. Classes cancelled to inclement weather will be rescheduled. We reserve the right to reschedule classes on an as-needed basis.

**REFUND POLICY:** Full refunds will be issued for any program cancelled by the Department of Parks, Recreation and Conservation (Parks). Full refunds will be issued for a medical reason before a program begins when accompanied by a doctor's note. After a program begins, a pro-rated refund will be issued based on the number of sessions attended, when accompanied by a doctor's note. The Parks Department will grant a refund request if received at least ten (10) business days before the program's first session. Refunds for trips will not be granted unless the spot can be filled from the waiting list. Ten dollars (\$10) or ten percent (10%) of the fee, whichever is higher, will be charged for processing refunds that are approved. No processing fee will be charged if the Parks Department cancels the program or if the participant provides a doctor's note when withdrawing for a medical reason. Please allow several weeks for processing refunds.

**PAYMENT PROBLEMS:** Bounced checks and credit card charge cancellations will carry a \$35 processing fee.

**INCLEMENT WEATHER:** The best way to receive quick and accurate information about program cancellations is to call the Parks Department Hotline at 377-6454 or listen to WFAS.

**SINCERE APPRECIATION:** We would like to thank the Yonkers Public Schools for the use of their facilities and appreciate the efforts of their principals, teachers, secretaries, and custodians.

**SPECIALISTS NEEDED:** If you have a special skill and would like to teach a class for the Parks Department, please call 377-6450, Monday - Friday, 8:30 am to 4:30 pm.

**PROGRAM BEHAVIOR:** Participants are expected to exhibit appropriate behavior at all times. The following rules make programs safe and enjoyable for everyone. Participants shall show respect to all participants and staff. Refrain from using foul language. Refrain from causing bodily harm to other participants or staff. Show respect for equipment, supplies and facilities. The City of Yonkers reserves the right to remove anyone from our programs.

### CITY OF YONKERS

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## What is Starfish Swimming®?

The Mark Twain Pool and the Yonkers Department of Parks, Recreation and Conservation are an approved Training Center for the Starfish Aquatics Institute and an Authorized Provider for StarGuard™ and StarFish Swimming™. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI). Learn more about SAI at [www.starfishaquatics.org](http://www.starfishaquatics.org).

The Starfish Swimming curriculum is designed for student's age's 6 months to adult. Benchmarks are established at each stage in the program that combines both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team.

Inside this guide, you will find the curriculum used in the StarBabies™/ StarTots™ (ages 6 months to 36 months), Starfish Swim School® (ages 3 and up), and Starfish Stroke School™ programs. Our swim instructors will communicate your child's progression through the curriculum on a regular basis.

The Starfish Swimming logo, Starfish Swimming word mark, and Starfish Swim School word mark are registered trademarks of SAI. The StarBabies, StarTots, and Starfish Stroke School word marks are trademarks of SAI.

### What role do I play in my child's swimming development?



As a parent or caregiver, you play a vital role in your child's swimming development. You have already taken the first step, by registering your child for swim lessons.

The bathtub is a great place to start practicing! Bubbles, breath holding, looking underwater, floating, and kicking can all take place in the bathtub! A few trips to the pool between swim lessons are nice too! You shouldn't feel the need to push children to do everything they are doing in swim lessons. Just give them the opportunity to get wet, splash around, and explore the water on their own terms.

But remember: Supervision is a must! While swimming lessons are one layer of protection, nothing beats supervision. Keep your eyes on your child whenever you are in, on, or near the water!





## **StarBabies™ and StarTots™**

The purpose of this course is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience.

### **Stage White: Trust and Comfort**

Safety Skill: Understand constant and dedicated surveillance.

Swim Skill: Parent and child are relaxed and confident, and enjoy being in the water together.

### **Stage Red: Body Positions**

Safety Skill: Fit and properly put a lifejacket on the child.

Swim Skill: Perform a relaxed front, back, vertical, and side position for at least 5 seconds each.

### **Stage Yellow: Submersion**

Safety Skill: Use flotation to help someone in the water and know how to call 911.

Swim Skill: Enter from the wall, submerge, turn around, grab on to the wall, and pull up (assisted).

### **Stage Blue: Air Recovery and Rollover**

Safety Skill: Identify six methods of preventing recreational water illness.

Swim Skill: Enter from the wall, submerge, come to surface unassisted and get a breath in vertical or horizontal (on back) position.

### **Stage Green: Forward Movement**

Safety Skill: Know about infant and child CPR.

Swim Skill: Move through the water independently 10 feet, with or without flotation.

## **Starfish Swim School®**

Students work toward development of the five core swimming competencies and receive color stage awards for each achievement. The color stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

### **Stage White: Trust and Submersion**

Safety Skill: Always ask permission before getting in the water.

Swim Skill: Assisted submersion, relaxed, 5 seconds and then come up to breathe.

### **Stage Red: Body Position and Air Recovery**

Safety Skill: Put on a lifejacket, float on back, kick 20 feet.

Swim Skill: Jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.

### **Stage Yellow: Submersion**

Safety Skill: Reach or Throw (Don't Go) and know how to call 911.

Swim Skill: Jump in, submerge; recover for air, forward movement 10 feet, change direction, and return to wall in swimwear and in regular clothes.

### **Stage Blue: Body Rotation**

Safety Skill: Tread water 15 seconds.

Swim Skill: Jump in, submerge, recover to side glide position and kick 10 feet.

### **Stage Green: Integrated Movement**

Safety Skill: Survival float and tread water for 30 seconds.

Swim Skill: Start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.

## **Starfish Stroke School™**

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and more!

### **Stage White: Freestyle, Introduction to Backstroke**

Safety Skill: Always ask permission before getting in the water.

Swim Skill: Swim freestyle 30 feet with body stretched out and consistent form; swim 30 feet of triple-switch backstroke.

### **Stage Red: Backstroke, Introduction to Butterfly**

Safety Skill: Put on a lifejacket from in the water, kick 30 feet.

Swim Skill: Swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension; perform arm down pulsing for 15 feet.

### **Stage Yellow: Butterfly**

Safety Skill: Scenario assist and know when and how to call 911.

Swim Skill: Swim 4 strokes butterfly with only one breath, then remainder of pool freestyle.

### **Stage Blue: Breaststroke**

Safety Skill: Discuss the Starfish safety concepts.

Swim Skill: Swim 30 feet breaststroke with good timing and extension.

### **Stage Green: Endurance**

Safety Skill: Tread water or survival float for 2 minutes.

Swim Skill: Swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 50 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.

The Starfish Swimming® skills included in this guide are proprietary information of SAI and cannot be copied or reproduced.





**Yonkers Parks, Recreation and Conservation**  
**STARFISH SWIM SCHOOL**  
**SWIM LEVEL COMPARISON CHART**



The Mark Twain Pool is an approved Training Center for Starfish Aquatics™ Institute and an authorized provider for Starguard™ & Starfish Swimming™

**If your child is currently in**



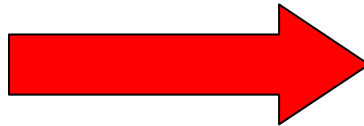
**Parks and Recreation**  
**Swim Skill Levels**

**Your child will now be in**



**Starfish Swim / Stroke School**  
**Skill Levels**

Parent & Tot



StarBabies

Water Sprites

StarTots

Level 1 / Starfish

White / **Red** – Swim School

Level 2 / Sunfish

**Yellow** – Swim School

Level 3A / Stingray

**Blue** – Swim School

Level 3B / Stingray



**Green** – Swim School

Level 4A

White– Stroke School

Level 4B

**Red** – Stroke School

Level 5A

**Yellow** –Stroke School

Level 5B

**Blue / Green** – \*Stroke School

Competitive  
Swim Clinic



Starfish Swim Clinic

\*Students have achieved the **Green stroke**  
benchmarks

Teen LTS


Starfish Swim School for Teens

Adult LTS

Starfish Swim School for Adults



## SPRING AQUATICS 2015

Core Skill Achievement Stages					Specialty Courses	
White	Red	Yellow	Blue	Green		
<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>		<i>If the student...</i>
Is afraid of water...	Can't swim without support but loves the water...	Is not afraid...	Can swim underwater or on the surface, and can get an occasional breath...	Can tread water for at least 15 seconds...		Can swim 25 yards freestyle with side breathing...
Can't swim at all...	Will get face wet...	Can float on front and back...		Can swim freestyle with rotary (side) breathing...	and	Needs to build endurance...
Will not get face wet...	Will jump in...	Can jump in and return to surface...			Needs to learn or refine backstroke, breaststroke, butterfly	and
						wants to learn turns, starts, and swim team training techniques...
<b>SIGN UP FOR WHITE GROUP</b>	<b>SIGN UP FOR RED GROUP</b>	<b>SIGN UP FOR YELLOW GROUP</b>	<b>SIGN UP FOR BLUE GROUP</b>	<b>SIGN UP FOR GREEN GROUP</b>	<b>SIGN UP FOR STROKE SCHOOL</b>	<b>SIGN UP FOR STARFISH SWIM CLINIC</b>

### StarBabies™ (Adult and Infant ages 6 months – 18 months)

**Days:** 8 Fridays starting March 6

**Time:** 6:15 – 6:45pm

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$99 Yonkers Residents: \$124 Non Resident

### StarTots™ (Adult and Toddler ages 18 months – 48 months)

**Days:** 8 Wednesdays or 8 Fridays starting March 6

**Time:** WED 6:05-6:35pm / FRI 6:45 – 7:15pm

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$99 Yonkers Resident: \$124 Non Resident

The purpose of the StarBabies and StarTots course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience. One adult must be in the water with each child. Swim Diapers required.

### Starfish Swim School® for Preschoolers (Ages 3 – 5)

Designed to meet the needs of children ages 3 to 5, this course will develop a high comfort level in the water and a readiness to swim and for those children who are developmentally ready, it will teach functional swim skills. This class approaches teaching swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.

**Days:** 8 Wednesdays or 8 Saturdays starting March 7 (Ages 4-5)

**Time:** WED 6:05-6:35pm / SA 9:45-10:15am

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Days:** 8 Fridays or 8 Saturdays starting March 7 (Ages 3-5)

**Time:** FR 4:00-4:30pm / SA 9:15-9:45am or 9:45-10:15am

**Location:** Yonkers Avenue Pool, 48 Yonkers Avenue

**Fee:** \$109 Yonkers Resident: \$134 Non Resident

### Starfish Swim School® for Teens (Ages 13 -17)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning.

**Days:** 8 Saturdays starting March 7

**Time:** 10:15-11am

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$109 Yonkers Resident: \$134 Non Resident

### Learn To Swim for the Developmentally Challenged

Enjoy half hour of interactive swim with low staff to participant ratio. This program is designed for the developmentally disabled population. If child needs a one on one ratio, parent is required to accompany child in water.

**Ages:** 5 - 16 years old

**Dates:** 8 Saturdays starting March 7

**Time:** 11:00am -11:30am

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$109 Yonkers Resident: \$134 Non Resident





## SPRING AQUATICS 2015

The Mark Twain Pool / Yonkers Avenue Pool is an approved Training Center for Starfish Aquatics™ Institute and an authorized provider for Starguard™ & Starfish Swimming™

**SWIM PLACEMENT REQUIREMENTS:** If your child has not participated in our program, you must bring them to Swim Placement for correct assessment for our swim classes, unless you know they are White / Red (Beginner) in Starfish Swim School, StarBabies, StarTot, and Swim School for Preschool, Teens and Adult swim classes. Please look at class description online for start date.


**Swim Placement:** Monday, March 2, 6:00PM – 8:00PM

**Online Registration:** Tuesday, March 3, 7:00 PM



**Starfish Swim School® for Youth** (Ages 5 – 12)

Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is self-paced but challenging. Stages are as follows: white, Red, Yellow, Blue, Green. **Fee: \$109 Yonkers Resident: \$134 Non Resident**

Core Skill Achievement Stages					Specialty Courses		
White	Red	Yellow	Blue	Green		Stroke School	Starfish Swim Clinic
<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>	<i>If the student...</i>		<i>If the student...</i>	<i>If the student...</i>
Is afraid of water...	Can't swim without support but loves the water...	Is not afraid...	Can swim underwater or on the surface, and can get an occasional breath...	Can tread water for at least 15 seconds...		Has achieved a <b>GREEN</b> Starfish Swim School Award Patch	Can swim 25 yards freestyle with side breathing...
Can't swim at all...	Will get face wet...	Can float on front and back...		Can swim freestyle with rotary (side) breathing...		and	Needs to build endurance...
Will not get face wet....	Will jump in...	Can jump in and return to surface...				Needs to learn or refine backstroke, breaststroke, butterfly	and wants to learn turns, starts, and swim team training techniques...
<b>SIGN UP FOR WHITE GROUP</b>	<b>SIGN UP FOR <b>RED</b> GROUP</b>	<b>SIGN UP FOR <b>YELLOW</b> GROUP</b>	<b>SIGN UP FOR <b>BLUE</b> GROUP</b>	<b>SIGN UP FOR <b>GREEN</b> GROUP</b>		<b>SIGN UP FOR STROKE SCHOOL</b>	<b>SIGN UP FOR STARFISH SWIM CLINIC</b>

### WHITE / RED

#### Mark Twain Pool

**Monday**

6:15-6:45pm

**Tuesday**

6:15-6:45pm

**Wednesday**

6:35-7:05pm

**Thursday**

6:15-6:45pm

**Saturday**

9:15-9:45am

#### Yonkers Ave Pool

**Friday**

4:30-5:00pm

**Saturday**

10:15- 10:45am

### YELLOW

#### Mark Twain Pool

**Monday**

6:15-6:45pm

**Tuesday**

6:15-6:45pm

**Wednesday**

7:05-7:35pm

**Thursday**

6:15-6:45pm

**Saturday**

9:45-10:15am

#### Yonkers Ave Pool

**Friday**

5:00-5:30pm

**Saturday**

10:45-11:15am

### BLUE

#### Mark Twain Pool

**Monday**

7:00-7:45pm

**Tuesday**

7:00-7:45pm

**Wednesday**

7:05-7:50pm

**Thursday**

7:00-7:45pm

#### Yonkers Ave Pool

**Saturday**

11:15am-12:00pm

### GREEN

#### Mark Twain Pool

**Monday**

7:00-7:45pm

**Tuesday**

7:00-7:45pm

**Wednesday**

7:00-7:45pm

**Thursday**

7:00-7:45pm

#### Yonkers Ave Pool

**Saturday**

11:15am-12:00pm



## SPRING AQUATICS 2015




### Starfish Stroke School®

This course is for students of all ages who have achieved the Green Stroke School benchmarks. Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance. Stages are as follows: White, Red, Yellow, Blue, Green. Please look at class description on registration website for start date

**Location: Mark Twain Pool, 160 Woodlawn Avenue**

**Fee: \$109**

Specialty Courses		
	Stroke School	Starfish Swim Clinic
	<i>If the student...</i>	<i>If the student...</i>
	Has achieved a <b>GREEN</b> Starfish Swim School Award Patch	Can swim 25 yards freestyle with side breathing...
	and  Needs to learn or refine backstroke, breaststroke, butterfly	Needs to build endurance...  and  Wants to learn turns, starts, and swim team training techniques...
	<b><i>SIGN UP FOR STROKE SCHOOL</i></b>	<b><i>SIGN UP FOR STARFISH SWIM CLINIC</i></b>

### **White (Freestyle)** **Red (Backstroke)**

Monday  
7:00 -7:45pm

Tuesday  
6:15-7:00pm

Wednesday  
6:45-7:30pm

Thursday  
6:15-7:00pm

Friday  
6:15-7:00pm

Saturday  
11:30-12:15pm

### **Yellow (Butterfly)** **Blue (Breaststroke)** **Green (Endurance)**

Monday  
7:00-7:45pm

Tuesday  
7:00-7:45pm

Wednesday  
7:05-7:50pm

Thursday  
7:00-7:45pm

Friday  
7:00- 7:45pm

Saturday  
11:30-12:15pm

### Starfish Swim Clinic™

This course is for students of all ages who have achieved the green Stroke School benchmarks. Students learn and refine the competitive strokes plus develop an understanding of basic training principles such as using a pace clock, starts and turns, and racing. This program is a great introduction to competitive swimming in a low-key environment.

**Days: 8 Tuesdays and Thursdays starting March 10**

**Time: 7:00-8:00pm**

**Location: Mark Twain Pool**

**Fee: \$198 Yonkers Resident : \$232 Non Resident**





## SPRING AQUATICS 2015

### Recreation Open Swim

Open recreation swim. All parents must accompany children in water.

**Dates:** 8 Fridays starting March 6

**Time:** 7:30-9:30pm

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** Adult \$65 / Child \$35

### Evening Lap Swim

Work out or leisure swim at your own pace. Must circle swim if more than two persons in a lane.

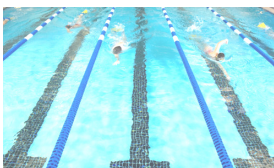
**Dates:** 8 weeks starting Friday March 6

**Times:** MO / WED / FRI 8:00-9:30pm

TU / TH 8:45-9:45pm

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$108 Yonkers Resident: \$134 Non Resident



### Aqua Zumba® and Cardio Aqua Fit



Integrating the Zumba ® philosophy with traditional aquatic fitness disciplines, Aqua Zumba ® blends it all together for a great fun workout. Just add water! Cardio Aqua Fit is an energizing format designed for total body toning and cardiovascular fitness. Be prepared to workout! Water shoes highly recommended.

**Dates:** 8 Mondays starting March 9

**Time:** 8:00-8:45pm

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$109 Yonkers Resident: \$134 Non Resident



### Deep H2O Aquacise

Enjoy fabulous exercise in deep water with emphasis on lower body. Buoyant / resistance equipment provided or bring your own! You must be comfortable in the deep end of the pool.

**Dates:** 8 Thursdays starting March 12

**Time:** 8:00-8:45pm

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$109 Yonkers resident: \$134 Non Resident



### Low Impact Aquacise

Aquatic cardio and strength exercises with emphasis on minimal joint impact. Great class!

**Dates:** 8 Saturdays starting March 7

**Times:** 9:15-10:15am

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$109 Yonkers Resident: \$134 Non resident



### Senior Aquacise

Low impact aquacise for the young at heart. Water truly heals the body and soul! Age: 55+

**Dates:** 8 Saturdays starting March 7

**Time:** 9:15-10:15am

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$75 Yonkers Resident: \$100 Non Resident

### Water Polo

Great opportunity to play water polo! Boys and girls up to age 18 and all skill levels welcome. Must be comfortable in deep water. Learn drills, have fun and be part of an exciting sport right here in Yonkers.

**Dates:** Wednesdays and Saturdays starting March 4

**Times:** WED 6:00-7:30pm / SAT 9:00-10:30am

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$125 Yonkers Resident: \$150 Non Resident



### Synchronized Swimming

Ages 9 and Older (special permission required for younger swimmers). Synchronized Swimming helps intermediate and advanced swimmers alike improve their swim skills, flexibility, strength and endurance. Skills taught in the class help novice swimmers develop greater comfort, ease and confidence in the water. Advanced swimmers develop greater body awareness, core control, and an improved "feel for the water."

PREREQUISITE: ability to swim 15 yards; comfort in deep water and underwater.

**Dates:** 8 Mondays starting March 9

**Times:** 6:00-7:30pm

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$125 Yonkers Resident: \$150 Non Resident





## SPRING AQUATICS 2015

### **Starfish Swim School® for Adults** (Ages 18 and older)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning.

**Days:** 8 Tuesdays or 8 Saturdays starting March 7

**Time:** TU 8:00-8:45pm / SA 10:15-11:00am

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$109 Yonkers Resident: \$134 Non Resident



### **Starfish Stroke School® for Adults**

(Ages 18 and older)

Students refine freestyle and learn stroke technique for butterfly, backstroke, breaststroke, and develop endurance.

**Days:** 8 Mondays or 8 Wednesdays starting March 9

**Time:** MO 8:00-8:45pm / WED 8:00-8:45pm

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \$109 Yonkers Resident: \$134 Non Resident

### **Yonkers Masters Swim Club** Ages 18+

Enjoy friendship and camaraderie as you improve your technique, stroke and conditioning through organized workouts; geared for the fitness swimmer to the serious competitor. Registered United States Masters Swim Team; member LMSC. For more detailed information, visit [www.yonkersmasters.com](http://www.yonkersmasters.com).

**Dates:** Year round program

**Times:** TU / TH 8-9:30pm; SA 11:00-12:30pm

**Location:** Mark Twain Pool, 160 Woodlawn Avenue

**Fee:** \* \$108 Yonkers Resident: \*\$133 Non Resident

(\* spring session price)



### **Yonkers Condors Tsunami Swim Team**

Yonkers Tsunami

Competitive Swim

Team has joined forces

with the Westchester

Condors to become part

of USA Swimming year

round. For more details

and registration

information, please visit [www.condorsswimming.com](http://www.condorsswimming.com).



### **STARGUARD™ Lifeguard Training**

Starfish Aquatic Institute (SAI) participants must successfully complete lifeguard training, first aid, AED, and CPR, STARGUARD™. Certification is equivalent to lifeguard certification from American Red Cross, YMCA, Ellis & Associates, and NASCO. Must be 16 years old by completion of course. Please register online at <https://register.communitypass.net/yonkers> for upcoming course information.



### **STARFISH™ Swim Instructor**

National certification from Starfish Aquatic Institute (SAI). Certification is equivalent to Water Safety Instructor (WSI) certification from American Red Cross and YMCA. More detailed information on future course certification TBA. Please register online to receive information: <http://register.communitypass.net/yonkers>



Starfish Aquatics Institute

Approved Training Center